

2021 Enrichment Center Fitness Programs!



It's always important to keep fit and stay in shape for physical and mental health, but especially during a nationwide pandemic. The Enrichment Center is currently offering these programs to help you maintain a healthy lifestyle in a clean, safe environment.

Fitness Room

\$1 (Free to Silver Sneakers Participants)

Monday-Friday

The fitness room is available to participants who have completed the fitness room orientation.

Call (919) 776-0501 ext. 2208 to make an appointment.

Four participants are allowed per appointment slot.

Cleaning takes place between appointments.

Morning Yoga

\$10 Per Month

Monday & Friday, 8:30 a.m. – 9:30 a.m.

Great for beginners or those who find it difficult getting to the floor.

*Participants should bring their own equipment, mats, blocks, straps & kneeling pads.

Advanced Tai Chi

\$10 Per Month

Monday & Friday, 10:30 a.m. – 11:30 a.m.

This is Tai Chi for Arthritis and Fall Prevention. The focus of this class is to reduce fall risk.

Fit & Toned

\$10 Per Month

Tuesday & Thursday, 9:00 a.m. – 10:00 a.m.

This is a mixed class that includes: endurance, flexibility, stretching/toning, strengthening and balance moves. Suitable for beginners or those that already have an exercise program.

*Chair will be used for stability. Participants will be asked to clean their chair after use.

Virtual Yoga

\$10 Per Month

Tuesday & Thursday, 11:00 a.m. – 12:00 p.m.

Designed for those who are familiar with yoga.

**The LCG Enrichment Center
N.C. Senior Center of Excellence
1615 S. Third Street, Sanford, NC 27330
*Call to Register (919) 776-0501 ext. 2208***

